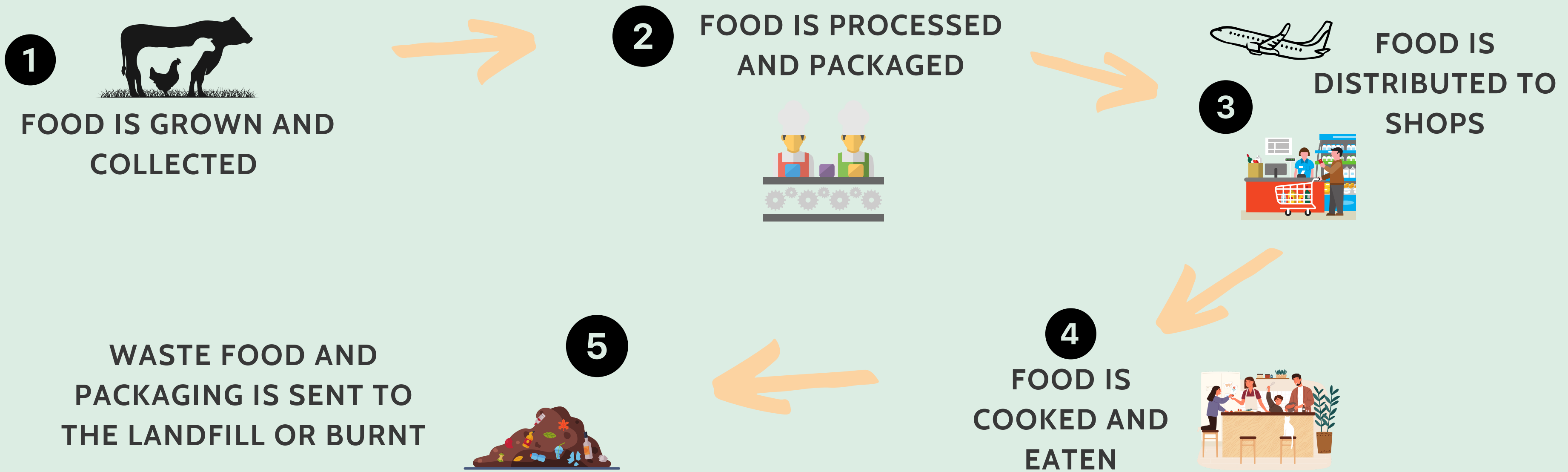




Planet-Friendly Eating

CAN I EAT IN A PLANET-FRIENDLY WAY?

- **YES!** Our eating habits can affect the environment and the speed of climate change. We need to think about where our food comes from and what happens to it.





Planet-Friendly Eating



- Visiting a community garden
- Shopping at a local farmers market
- Cooking a meal using local, seasonal ingredients or leftovers
- Recycling any packaging

We can reduce how far our food has travelled, reduce packaging, and reduce waste by:

- Scan to find your local food market or vegetable box





Planet-Friendly Eating - Top Tips

Small changes make a big difference when trying to eat in a “planet-friendly way”

Have more local, seasonal fruit and vegetables



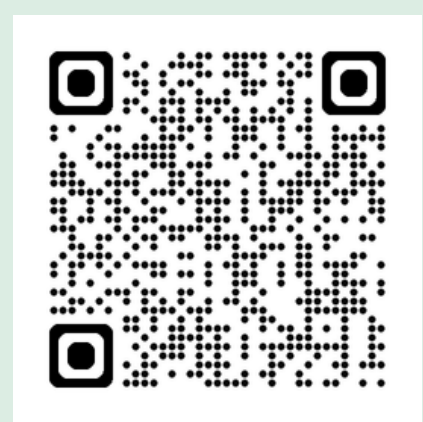
These little changes will mean less emissions and less waste sent to landfill



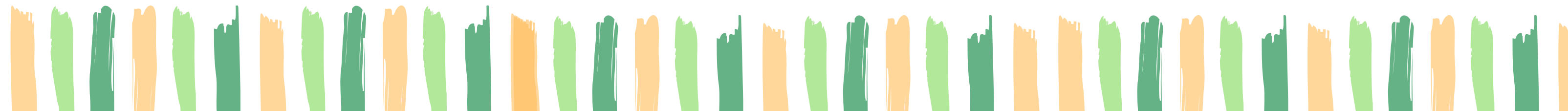
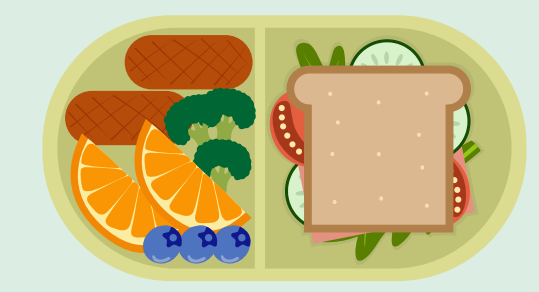
Use less packaging. Carry a water bottle and a lunch box.



Make a shopping list. Only buy what you need. Freeze and save leftovers.



Could you try a meat free Monday?





Planet-Friendly Eating - Top Tips



Use less cows milk products.
Try dairy free alternatives like soya and oat. Check they are fortified.



Look for zero food waste initiatives.
Apps like “Too good to go” or
“Oddbox”



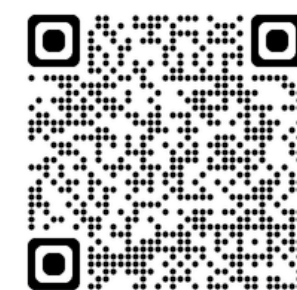
Eat wholegrain bread, pasta and
rice



Eat more beans, lentils, soya,
tofu, nuts and seeds



Cook using leftovers -
scan for top tips





Planet-Friendly Eating

MAKING OUR MEALS MORE PLANET - FRIENDLY

If you usually have:

Sugary cereal with
cow's milk



Benefits for me and the planet:

↑ Fibre

↓ Salt

↓ Saturated fat

Part of your 5 a day 👍

Less land use 🌍

Why not try:

Wholegrain cereals.
Handful of berries and sprinkle of seeds
Plant-based milk





Planet-Friendly Eating

MAKING OUR MEALS MORE PLANET -FRIENDLY

If you usually have:

Meat spaghetti
bolognaise, lasagne or
chilli,
with white pasta or white
rice.



Why not try:

Swapping meat for beans, lentils or soya
mince.

Add seasonal vegetables.

Use brown pasta or rice

Benefits for me and the planet:

↑ Fibre
Part of your 5 a day 👍
↓ Saturated fat
Budget friendly 😊
Less land use 🌍